

## Research proposal

### Literature Review

Readmission of patients is a key problem facing the hospitals and the patients in general. There are many issues that lead to these readmissions. It has not been easy to curb these problems as some are out of control of the healthcare and the reach of the patients. Financial problems and the high costs of medical care causes patients to get discharged faster before they recover. Facilities in the hospitals are other factors that lead to an early discharge of patients where there is more demand for the beds and other resources. These actions make the long stayed patients leave while they have not fully where they seek the hospital services ones more and faster leading to readmission. Other issues like lack of proper supportive care makes patients use unwanted procedures to heal once they get discharged which makes regain the illness. As a result of these actions, they get readmitted again after a short time. Patient education is also very important as it leads the patients to better recovery routines.

### **Patient Education**

Patient education helps patient to manage their health and shorten the healing process. As according to Boutwell & Hwu, ranges from encouraging self-management to education on symptoms. Boutwell & Hwu found that education of inpatients on symptoms related to their illness resulted in reduced readmission rates of patients hospitalized with schizophrenia. Patient education also proved to be efficient in reducing the number of re-hospitalization of most patients. In their study Boutwell & Hwu, patients were taught on how to monitor their health and determine if medical attention is required. However, the study shows that health education was not effective for all diseases under study. A randomized control study of heart failure showed no significance in a decrease of total readmissions of patients one year after patients' education.

As according to CMHS Consumer Affairs, patients who are completely aware of their medical prescription and care for their health after discharge are 30% less likely to be re-hospitalized as compared to patients with no such education. Unlike Boutwell & Hwu, CMHS Consumer Affairs recognizes that patient's education plays a major role in reducing costs of treatment. CMHS Consumer Affairs found out that one in every five patients gets a complication, such as drug reactions, after being discharged from the hospital. Patients get adverse events after leaving hospitals due to the lack of information about their follow-up care. Boutwell & Hwu, and CMHS Consumer Affairs recognized patient education as an important element in preventing readmissions.

### **Supportive Care**

Patients need supportive care from the medical practitioners. Mostly, during the healing process and treatment, patients require close attention and encouraging activities from the nurses. According to Boutwell & Hwu, patients need remote monitoring, especially after discharge. They need attention from the nurses and the medical professionals to make sure they stick to the medicine intake routine, feeding habits and much more. To reduce slow recovery and increase the efficiency of patient welfare, there is the need for follow-up to their homes and administer their progress. The client may pay for these services or the government subsidize for them. As an act of Corporate Social Responsibility, healthcare providers can visit the homes of the patients and offers guidance aimed at proper recovery and wellness of the patient. These activities will reduce the actions of the patients going back to the hospital to seek treatment services that lead to readmission.

According to Bradley et al., with the support of other people and especially by the medical practitioners is very helpful in the recovery procedure. The need theory calls for the nurses to

pay visits to the patients' homes or indulge in follow up by making calls. These calls help the healthcare management and the nurses know the progress of the patients and know how to assist them. With the aim of making sure that the patients do not have any recovery process remained, the health care should increase the efficiency of the discharge process. This action intends to make sure that they only get discharged when they have fully recovered. These actions will help in reducing the patients' readmission in the hospital.

### **Do Finances Increase the rates of Readmissions in Hospitals?**

Resources especially finance on the side of the healthcare, and the patients increase the readmission rates in the hospitals. According to Herman, "Some patients finds it hard to meet the hospital expenses which makes them leave the hospital early." Upon getting home, they fail to cope with the level of illness and makes them seek the hospital services once more. In the process, they are readmitted again. These activities cost them a lot of money as they start the medication process afresh incurring more costs that the initial ones. On the other side, some health care centers do not have enough facilities to meet the patient's needs. As stated by Herman, "Hospitals needs abundant resources to meet the expectations of the patients and give them the best services to recovery." Healthcare practitioners need updates and growth in their areas of work that helps in increasing efficiency and effectiveness. Without resources in these institutions, it is very hard to take the practitioners to training and assist them to grow in the professions. Boutwell & Hwu, suggests that "the governments and the leading institutions should support healthcare with finances to assist them to make the necessary developments." These actions will also help the healthcare reduce costs of the medical services to the patients where they will recover fully before discharge. Finances control everything in the universe and healthcare should have enough funds to undertake their activities and upgrade their facilities.